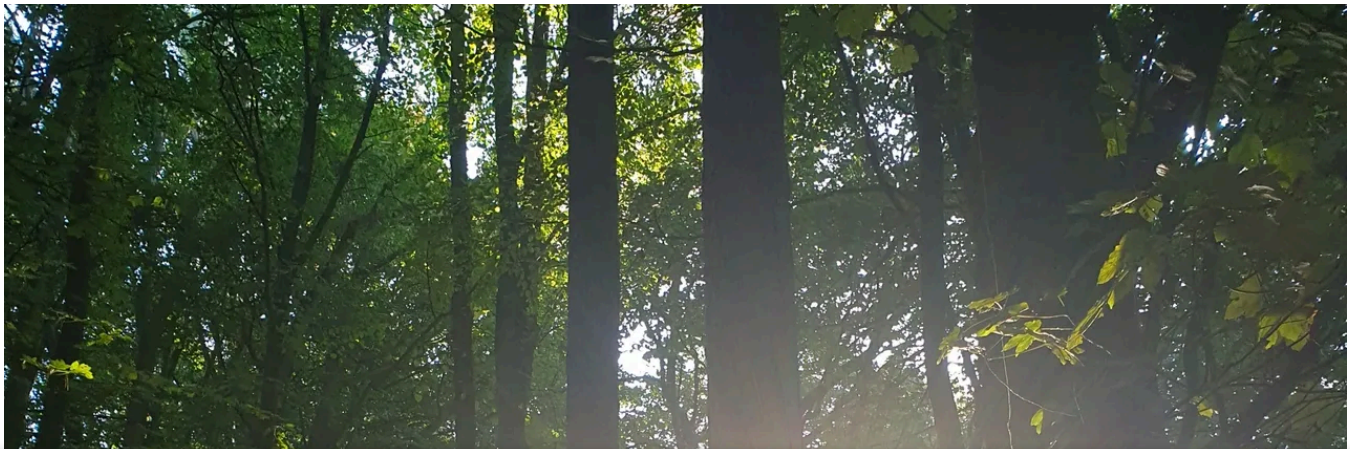
Spiritual Mist

Spiritual Mist



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child, raise your vibrations, and deepen your connection to intuition and the heart through meditations, aura readings, oracle cards, crystal healing, hypnotherapy and more.

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Get in Touch

We love our customers, so feel free to drop us an email anytime!

Spiritual Mist

elaine@spiritualmist.co.uk

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How The Ripple Effect Eases our Fear of Death

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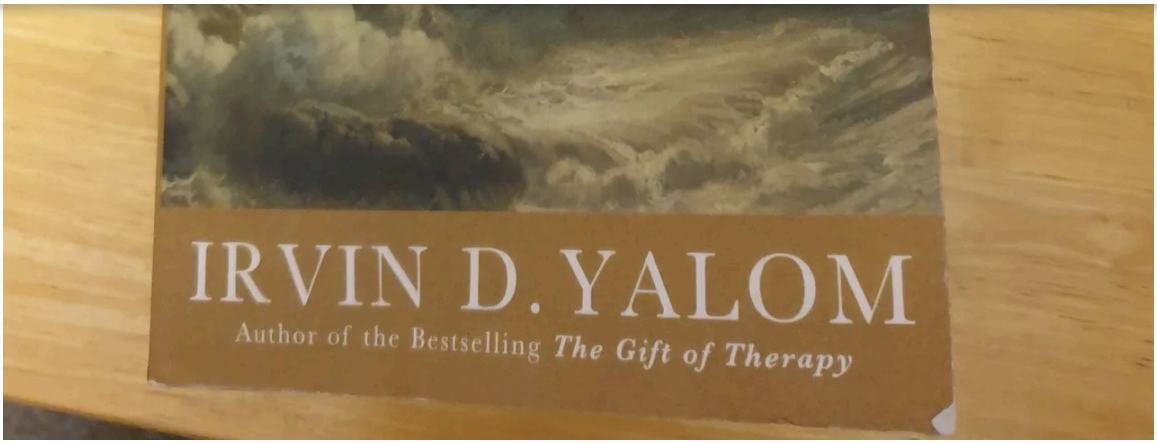

I read an amazing book by IRVIN D YALOM who explores how the knowledge of our own mortality affects the unconscious mind of every human being.

The subject of mortality is often seen as a taboo topic in today's society but in his book, the master psychotherapist tackles this tough subject and finds it to be the root cause of patients' fears, stresses and depression.

A particular section in his book suggests that having a positive effect on the lives of others, no matter how small, can have a profound effect on the mental health of a person.

funeral. She could see the evidence of her mother's sweet and kind nature even after she had died when she spoke with her mother's friends.

I can't deny that I do have a fear of dying, don't we all? But since my own dear Mum died I too have found solace in the friends she had and the pride I feel that she had such a positive effect on their lives. Since becoming aware of this phenomenon I can honestly say that I hope I have the same positive effect on other people's lives too, even if only in small ways.

By helping others, and by giving rather than receiving I find this enriches my life in

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I'm very aware I want to live on after I die, possibly in this blog??

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